

YOGA *for* SEX



30 SIMPLE EXERCISES
For
ULTIMATE **SEXUAL**
PLEASURE

Advait

‘Yoga for Sex’

30 Simple Exercises for Ultimate Sexual Pleasure

By

Advait

Your Free Gift

As a way of saying *thanks* for your purchase, I'm offering a free book that's exclusive to my readers.

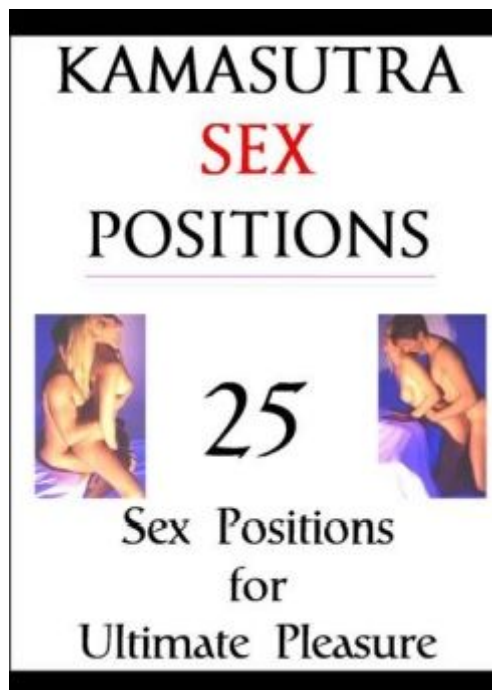
Kamasutra offers a large number of sex positions which could be used for deriving extreme sexual pleasure, but not all the positions can be done by everyone and many of those positions are extremely difficult to perform.

That's why I wrote:-

Kamasutra Sex Positions: 25 Sex Positions for Ultimate Pleasure.

In this book I have compiled 25 of the **simplest to perform** sexual positions which could easily let you enjoy the ultimate pleasures of sex.

[You can download this free book by clicking here.](#)



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Disclaimer and FTC Notice

Sex is... perfectly natural.
It's something that's pleasurable. It's enjoyable and it
enhances a relationship.
So why don't we learn as much as we can about it
and become comfortable with ourselves as sexual
human beings because we are all sexual?

Sue Johanson

Yoga Exercises for Women

#1 Kavacha Asana for Women / Protection Exercise for Women

This exercise makes you feel protected, at ease and enhances your sexual confidence.



Method:

Lay on your bed, facing upwards. Be relaxed and concentrate on your breathing for a couple of minutes.

Keep your dominant hand over the Vulva.

The palm should be placed in such a way that the centre on your palm should form a hollow cup over your clitoris, and your entire pubic area should be covered by your remaining palm.

The remaining 4 fingers should be in a closed position over the labia.

You will feel warmth developing around the opening of your vagina, be conscious of it and feel it thoroughly.

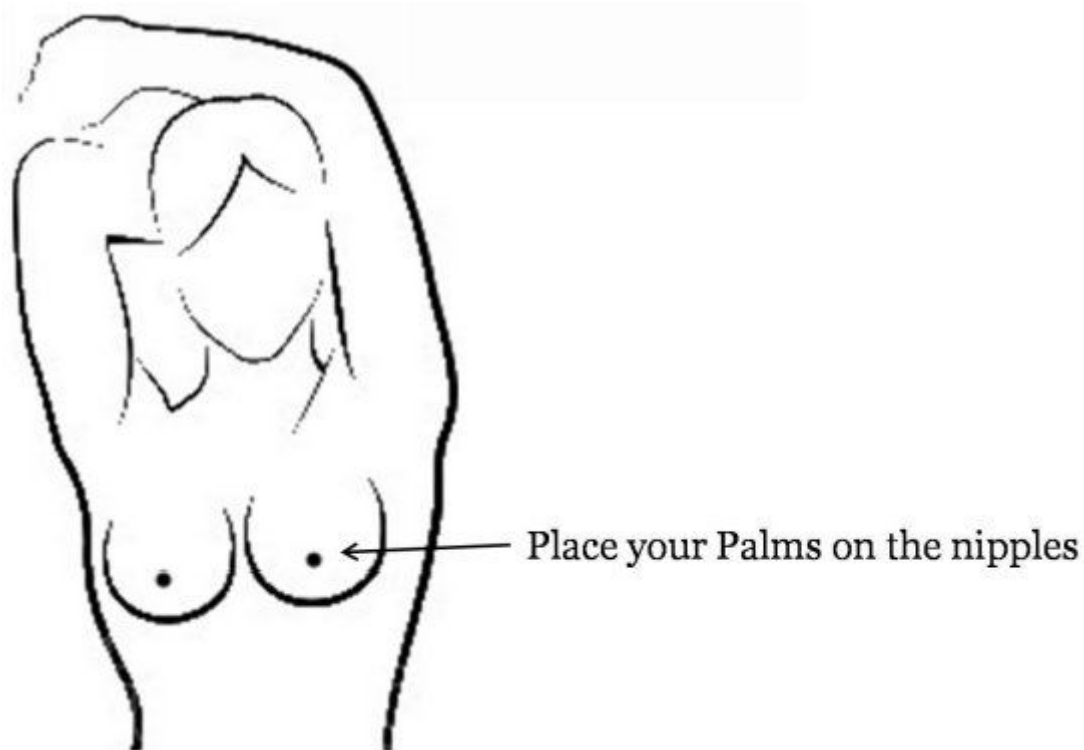
Duration:

No set duration for this Asana, you should perform it before you go to sleep.

* Many times you will find yourself falling asleep in this asana, don't worry, it will only have a positive effect.

#2 Adhara Asana / Exercise of the Nipples

The area of breasts where the nipples are located is considered to be a very sensitive erogenous zone in women. This Mudra enhances the sensitivity to pleasure in a woman.



Method:

Place the palm of your left hand on your left nipple.

Place the palm of your right hand on your right nipple.

Don't press too much, maintain a slight pressure and move your palms in a circular motion.

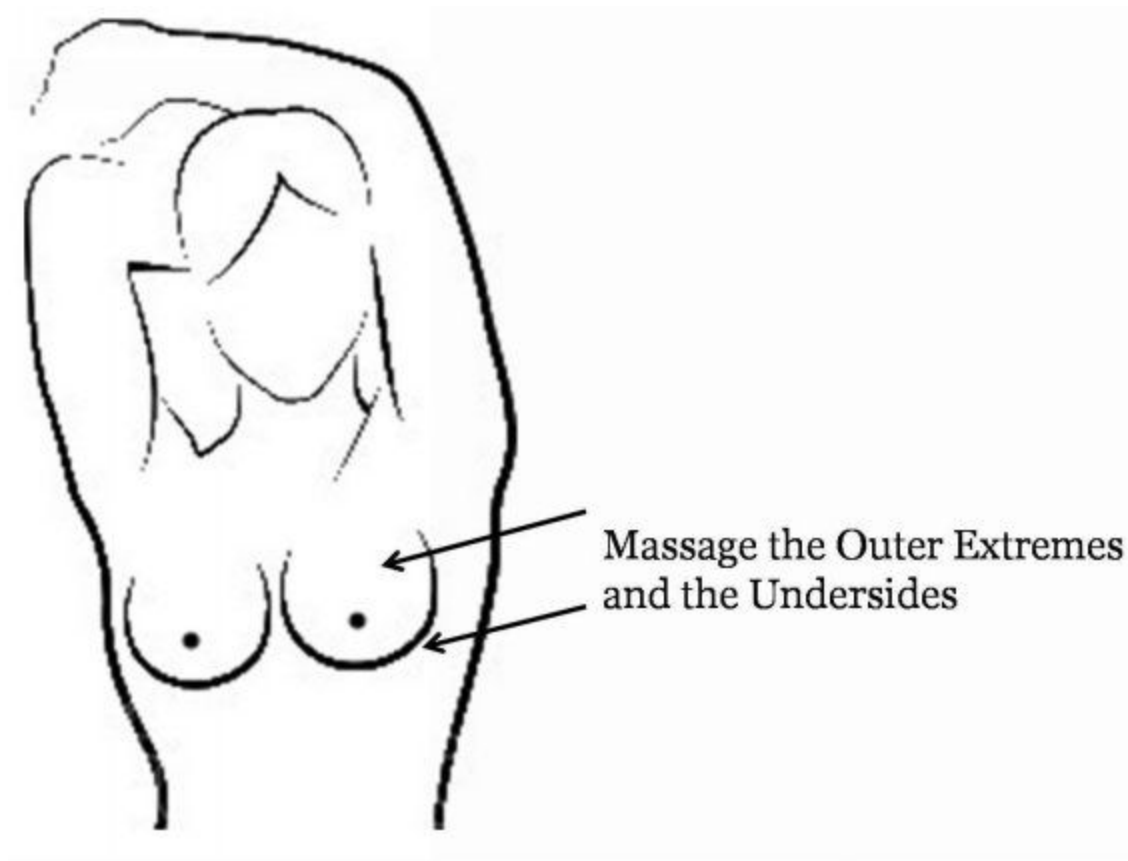
Duration:

Make 20 circular movements then wait for half a minute then repeat.
Exercise to be performed 2-3 times before going to bed.

Note: - This exercise can be done solo as well as with your partner. There is an increased sensuousness when done with your partner.

#3 Vakshasthala Asana / Exercise of the Breasts

The Female breasts have a large number of nerve ending, thus making them one of the most sensitive parts of a woman's body.



Method:

Undress or reveal your breasts sitting in a relaxed posture.

Then start massaging your breasts with both your palms in a kneading movement,

But see to it that you don't apply excess pressure, and you should not feel any pain.

Make sure that you massage the undersides and outer extremes of the breasts.

Also pay attention to what you feel when you massage the areas of your breast near the nipples.

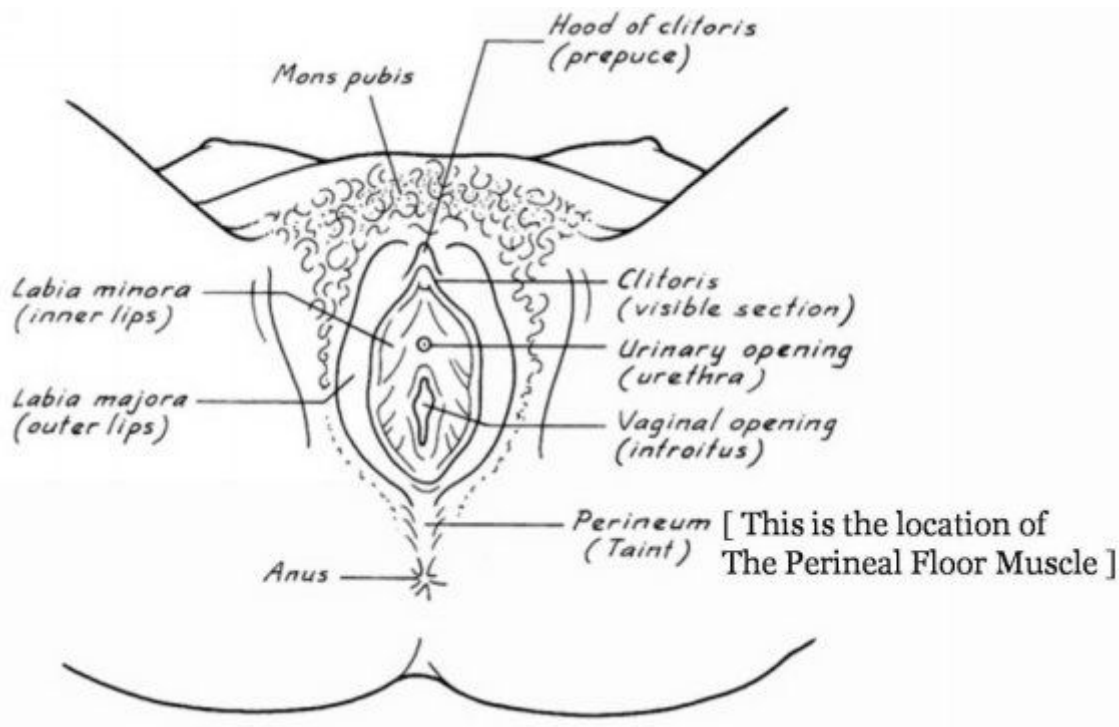
Duration:

No specific time limit. You might want to spend more time as you will feel aroused.

Also this exercise will enhance your libido.

#4 Gandasthala Asana / Exercise of the Pelvic Floor Muscle

The Pelvic Floor Muscle in the body of a woman is located between the Anus and the rear end of the vaginal opening. This Asana strengthens this muscle which in turn elevates the performance and pleasure during sex.



Method:

This method includes lightly pressing the pelvic floor muscle.

Lie in your bed on your back, be relaxed and concentrate on your breathing which would calm you down.

By the middle finger of your dominant hand, lightly touch the pelvic floor muscle.

Now repeatedly start pressing the muscle lightly.

After some time increase the pressure applied by your finger, but see to it that it doesn't induce pain.

Be conscious to what you are feeling by doing this exercise.

The pelvic floor muscle is the main inducer of orgasm in women.

Duration:

There is no set specific duration to perform this exercise.

The immediate effect if you perform it for a prolonged time is an orgasm, no adverse effects, but it is advised to perform it for shorter durations until you achieve pleasurable stimulations.

#5 Yoni Asana I / Exercise for strong vaginal walls

Vaginal walls become inelastic and lose their flexibility or tend to loosen up with increasing age or after childbirth. This Exercise strengthens the vaginal walls.

Methods:

Stand upright, with feet separated at shoulder width.

Concentrate on your breathing and relax.

Then clench your perineal muscle and anal sphincter at the same time.

[Clenching your perineal muscle is the similar muscular action you do when you hold your pee in when you can't find the lavatory.]

[Clenching your anal sphincter is the similar muscular action you do when you hold in no. 2 when you can't find the lavatory in time.]

You can take this asana one step ahead by trying to clench your *pelvic floor muscle*. You won't be successful initially but with practice you can.

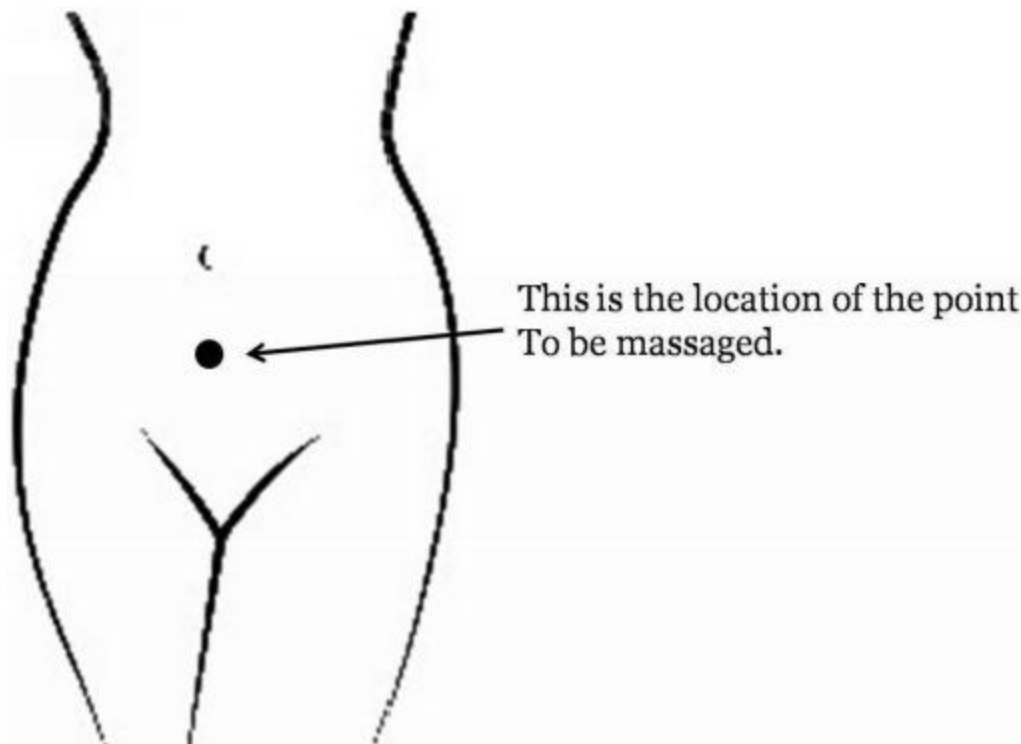
Duration:

Do 3- 4 sets of 50 clenches in the morning and then 3-4 sets before going to bed.

#6 Yoni Asana II / Exercise of the Uterus

Yoga is all about being conscious of your body and paying attention to its needs and supplementing them with a healthy nourishment and exercise.

One of the most vital organs in a woman's body is her uterus; this exercise is used to strengthen the uterus.



Method:

This exercise is to be done lying in bed on standing, keep your feet close.

Place the palm of your dominant hand at the midway point between your navel and the pubic bone.

Press slightly and make sure you don't exert much pressure.

Now start massaging in small circular movements.

Start with clockwise circular movements, then after a minute repeat with counter clockwise movements.

While practicing this exercise be conscious about how the touch feels.

Also, imagine energy flowing from the universe into the centre of the circle you are tracing.

Duration:

This exercise should be performed before going to bed.

3-4 sets of rotations in each direction, each lasting a minute and a half.

#7 Uttejana Asana / Exercise of Fantasy

This Asana doesn't involve physical movements; rather it's more of a Psychological exercise.

Method:

This Asana can be done while sitting in a comfortable posture or lying in bed.

Then concentrate on your breath for a couple of minutes, you will notice that it will help you to calm down and feel relaxed.

Keep your hands by your side, in a palm down position.

Close your eyes and create a sexual fantasy.

You can visualize anything which induces arousal; it may involve your partner or anything else which works for you.

This is purely a psychological exercise, so do not touch yourself.

After a few minutes a feeling of heat and warmth will originate in your lower abdomen and spread throughout your abdomen, this is the point where a lubricant is produced.

Then you can stop the fantasizing process.

Duration:

Depends on the person who is practicing this exercise. This exercise is to be performed till you achieve lubrication. Hence the duration will vary from person to person.

This exercise should be performed daily if possible as it will create a reflex action and you will have abundant lubrication while having sex.

Many couples have noted that they no more need to use artificial lubrication, after practicing this exercise on a daily basis.

#8 Dhanu Asana / The Arch Exercise

This Asana is basically a stretching activity in which the muscles mostly used during sexual activities are exercised.



Methods:

Stand up straight, in a comfortable position and keep your feet close.

Bend down from your waist and touch the ground with the tip of your fingers. [With regular practice you will be able to touch your entire palm on the ground, as shown in the image]

DO NOT BEND YOUR KNEES while trying to touch the ground.

Remain in this position for at least 5 sec and then push your back as upwards as possible with your fingertips still touching the ground.

This will create an arch like shape, hence the name.

Remain in this position for 5-10 seconds, then stand up straight.

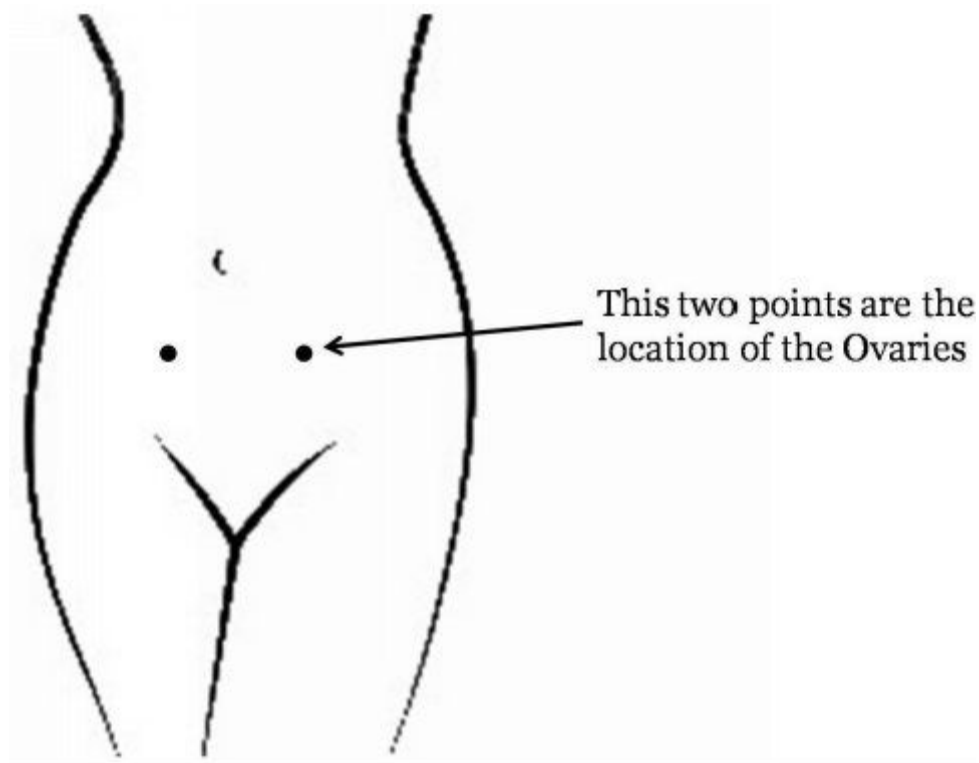
Repeat the procedure about a dozen times.

Duration:

To be performed twice daily. Once in the morning and once in the evening.

#9 Andakosha Asana / Exercise of the ovaries

This exercise is extremely effective in strengthening the functions of the ovaries and cultivating sexual energy, and has a positive effect on overall health of a woman.



Method:

To perform this asana you first need to find the position of your ovaries, here's how to do that:

1. Join the tips of your thumbs, and place them on your navel.
2. Now, touch the tips of your index fingers to each other, creating a triangle which is pointing downwards i.e. towards your pubic area.
3. The points where the tips of your little fingers touch your abdomen is the location of your ovaries.

This exercise is to be done lying on our bed or standing upright in a comfortable position.

Once you have located your ovaries, start rubbing those points with your little fingers.

Rubbing the points in a circular movement is advised.

After some time you will feel some warmth developing in that location.

Once the warmth is developed start clenching and relaxing your vaginal muscles rhythmically.

After some time you will feel a peculiar warmth spreading in your lower belly.

Duration:

Keep doing the clenching and relaxing of vaginal muscles for 3-4 minutes, then rest for a few minutes and repeat the steps again.

Exercise to be done twice daily, in the evening before going to bed.

#10 Kamottejan Asana / Exercise for Stiffness

This Asana is to be performed during the act of sex in case the male partner is unable to maintain his erection.

Method:

During the act of sex, when you feel, your partner is losing his erection; clench your vaginal muscles and also the anal sphincter.

While doing this also focus on tightening the muscles of your lower abdomen and also the muscle of the pelvic floor.

After sufficient time you will notice that your partner's arousal is stimulated and he will regain his erection.

Duration:

No specific duration. To be done till you achieve the expected result.

#11 Pralambit Maithun Asana by Women / Exercise for Delayed Ejaculation to be done by Women

This Asana should be used by women to delay their partner's ejaculation.

It takes two to have sex; hence a delayed ejaculation of a male partner will lead to a prolonged intercourse enhancing the overall erotic pleasure.

Method:

While having sex, when your partner indicates that he is about to reach orgasm, but wants to delay it, ask him to withdraw his penis from your vagina, but not completely.

The tip of your partner's penis should still be inside, near the opening of your vagina.

Now you should contract/clench your vaginal muscles, which will then compress the tip of your partner's penis.

Repeat it until his feeling of nearing the orgasm fades away.

Duration:

No specific duration. To be done till you achieve the expected result.

**** Asana's for delaying ejaculation in men have been provided in the 'Yoga Exercises for Men' section of this book, your partner should perform those Asana's while you perform the Asana mentioned above.**

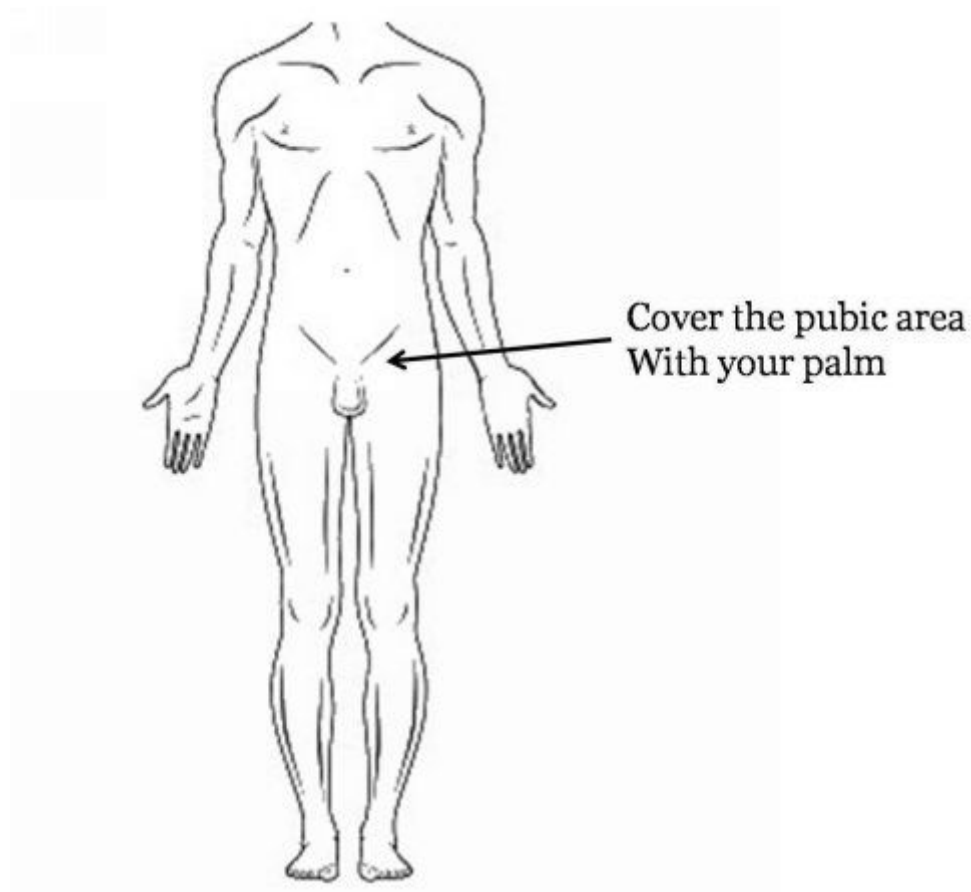
Sex lies at the root of life, and we can never learn to
revere life until we know how to understand sex.

Havelock Ellis

Yoga Exercises for Men

#1 Kavacha Asana for Men / Protection Exercise for men

This exercise makes you feel protected, at ease and enhances your sexual confidence. At times you may feel open and vulnerable or tired, at that moment this Asana proves to be very useful.



Method:

Lie on your bed, facing upwards or sit upright. Be relaxed and concentrate on your breathing for a couple of minutes.

Keep the palm of your dominant hand over the genitals, covering both the penis and the testicles.

If the genitals are large and cannot be covered in one palm, use both the hands to cup the genitals in both your palms.

You will feel warmth developing around the genitals, be conscious of it and feel it thoroughly.

Duration:

No set duration for this Asana, you should perform it before you go to sleep.

* When done correctly this Asana will induce a sense of calmness and peace.

#2 Sparshahin Maithun Asana / Erection without physical contact

This Asana doesn't involve physical contact; rather it's more of a Psychological exercise.

Method:

This Asana can be done while standing upright with your feet shoulder width apart.

Then concentrate on your breath for a couple of minutes, you will notice that it will help you to calm down and feel relaxed.

Keep your hands by your side, in a palm down position.

Now move your pelvis forward and backward, contracting your buttocks and anal sphincter as you move forward and relaxing the tension in those muscles when you move back.

All the while doing this keep your eyes closed and create a sexual fantasy.

You can visualize anything which induces arousal; it may involve your partner or anything else which works for you.

This is purely a psychological exercise, so do not touch yourself.

Let the penis rise and harden as you flex your pelvic muscles.

Then you can stop the fantasizing process.

Duration:

It depends on the person who is practicing this exercise. This exercise is to be performed till you achieve erection. Hence the duration will vary from person to person.

This exercise should be performed twice daily, in the morning and in the evening.

#3 Kampana Asana / The Vibration Exercise

This exercise is extremely useful for keeping the testicles cool and the movements involved in the asana induce physical movements which in turn improve sperm production.

Method:

This Asana is to be performed standing upright.

Keep your feet spread out at shoulder width.

Lift both your heels in air, while standing on your toes.

Bring your heels down.

Repeat these steps in quick succession, creating small tremor like movements which cause your testicles to jiggle up and down.

This exercise will enhance the production of seminal fluids which in turn increases sperm production.

Duration:

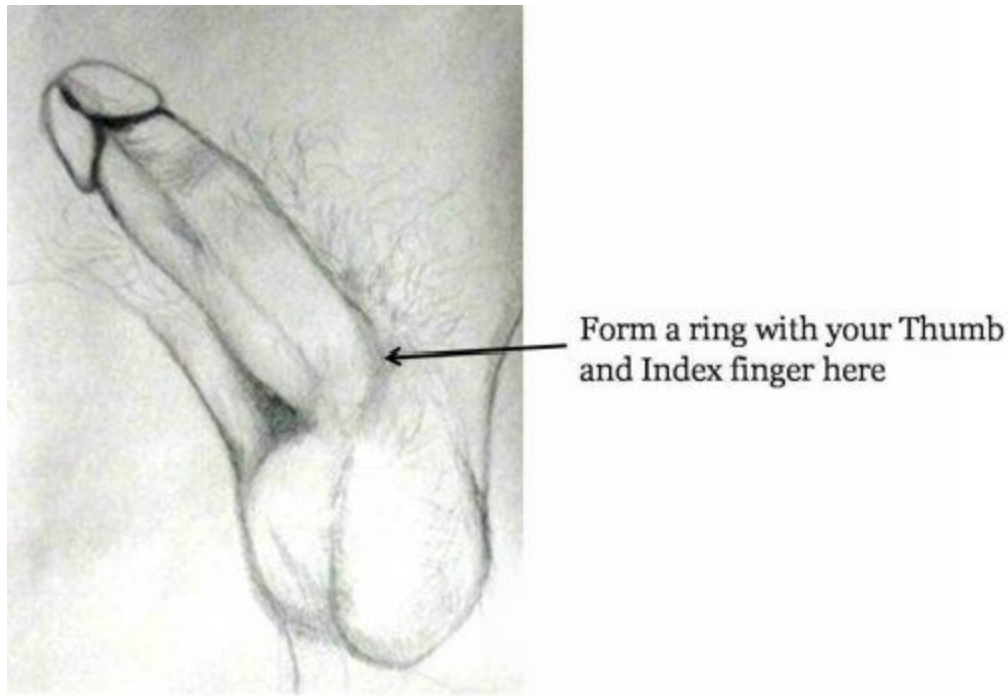
Should be performed twice a day, once in the morning and once in the evening.

Only for 3-4 minutes at a time, with light jiggling movements.

#4 Linga-Vriddhhi Asana I / Exercise for Increasing the Girth of your penis

A man achieves erection when ample blood flows into the penis. To be precise, when the blood flows into Corpora Cavernosa – the two spongy bodies located in the penis, erection is achieved. The more blood enters the penis, the more is the erection and size of the erect penis, also erection is maintained until the blood remains in the penis, as soon as the blood flows out of the penis and it turns flaccid.

By performing this Asana, you can permanently enlarge the Corpora Cavernosa so that it can hold more blood and lead to a larger erection.



Method:

Lie down on your bed, facing upwards in a comfortable position.

Concentrate on your breathing to calm down and feel relaxed.

This Asana is to be performed only when you have achieved an erection, so fantasize or do whatever that works for you to achieve an erection.

Once your penis is properly erect, form a circle with your thumb and index finger around the base of your erect penis.

Now grip the base of your erect penis as tightly as you comfortably can, this will block the flow of blood from of your penis into the body.

For best results hold this position for 3-4 minutes, rest for five minutes and then repeat the exercise.

Duration:

Don't overdo this exercise; perform this Asana for a total of 8-10 minutes per day. You can do this exercise in one or two sessions, but the total time should not exceed 10 minutes.

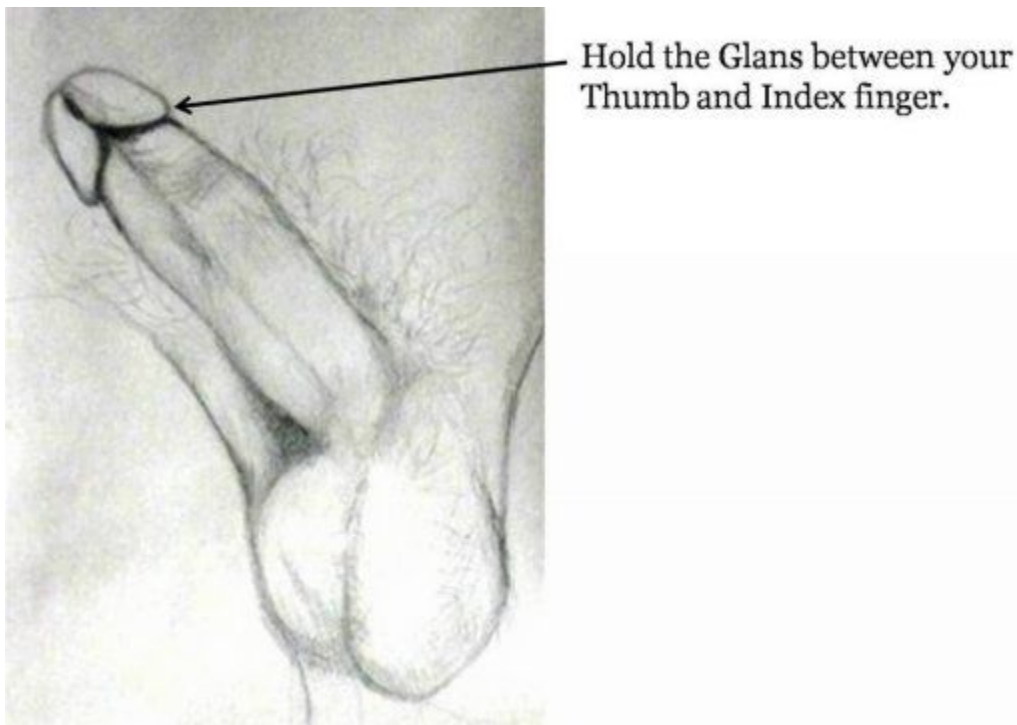
****Note:**

As this exercise blocks and regulates the flow of blood in your penis, while performing this mudra your penis might turn slightly blue. The veins and arteries close to the skin may swell up. Don't panic this is an indicator that this Asana is working.

BUT DON'T OVERDO THIS MUDRA.

#5 Linga-Vriddhhi Asana II / Exercise for Increasing Length of your Penis

Just as it is possible to increase the girth of one's penis, it is also possible to increase the length of one's penis by performing this exercise. But note that the process of elongating your penis will take time, as compared to increasing the girth.



Method:

Lie down on your bed, facing upwards in a comfortable position.

Concentrate on your breathing to calm down and feel relaxed.

This Asana is to be performed only when you have achieved an erection, so fantasize or do whatever that works for you to achieve an erection.

Once your penis is properly erect, relax any muscular tension you might have in the muscles at the base of the penis, while still maintaining the

erection.

If you are uncircumcised, pull back the foreskin to reveal the glans.

Grasp the base of the glans firmly and pull upward but not so much that you are in pain, while still refraining from flexing your pelvic floor muscles.

Relax yourself completely, except the erection.

Once the penis is completely erect, move it in a swinging motion, up and down in wide movements, so that it touches your lower belly then moves down towards your legs.

You can vary the movements, moving the erect penis from right to left or making circular motions, but keep pulling on the glans.

This exercise is to be done for 8-10 minutes.

Throughout the exercise keep pulling the glans with a constant pressure.

Once you are done with the exercise, relax completely.

Duration:

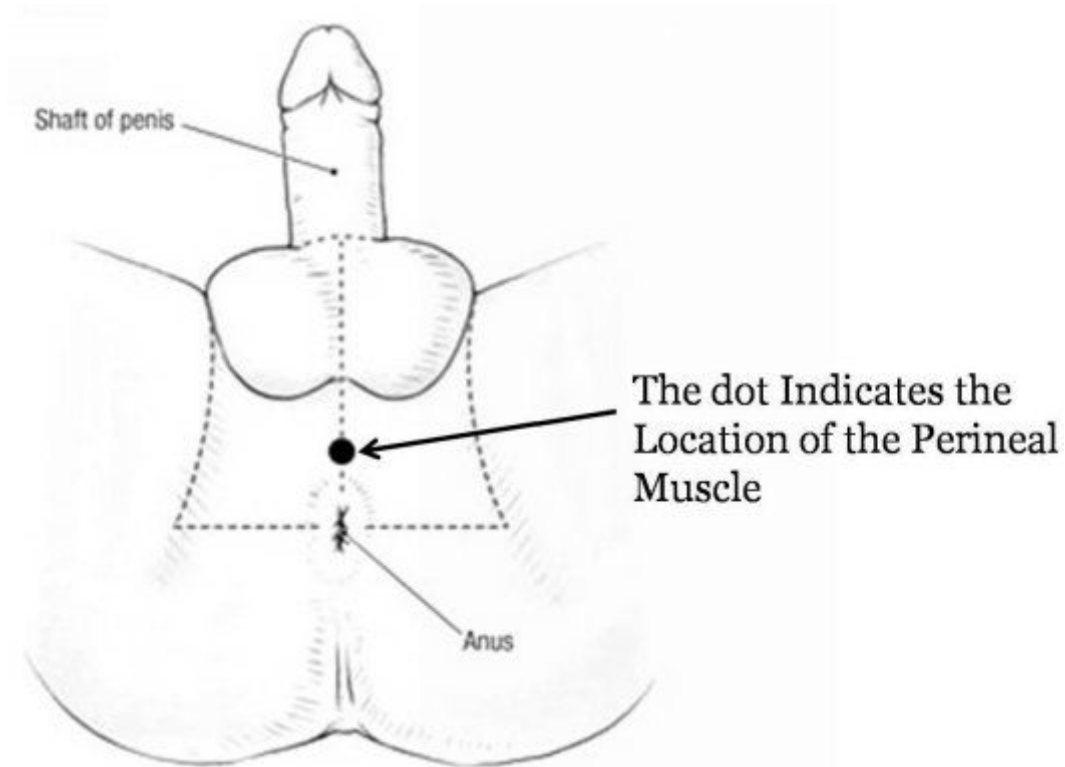
Don't overdo this exercise; perform this Asana once a day for a total of 8-10 minutes.

*****Important Note:**

The Asana's for increasing the girth of the penis and for increasing the length of the penis should be practiced from time to time even after the desired results are achieved, in order to preserve the increased girth and length.

#6 Pralambit Maithun Asana I / Exercise for a delayed Orgasm I

This is the simplest Asana for delaying orgasm, and the most widely used.



Method:

This exercise can be performed at any time of day, any number of times.

It can be performed lying in your bed, sitting comfortably or standing.

Contract your perineal muscle about 40-50 times, as if you were clenching and relaxing your anus in a spasmodic style, like you are lifting up your penis without touching it.

Duration:

No specific duration, but do a set of 40-50 clenches then relax for a few minutes before repeating.

This exercise can be performed any number of times you wish to.

#7 Pralambit Maithun Asana II / Exercise for a delayed Orgasm II

This is another extremely useful Asana which causes a delayed orgasm thus giving an extended sexual pleasure.

Method:

While having sex, when you experience the peak of pleasure and know that you will shortly reach climax,

Close your eyes tightly shut and press your entire tongue strongly against the roof of your mouth i.e. against your palate.

If you still can't control the approach of climax, stop all your pelvic movements and ask your partner to move as little as possible for some time.

Stay still, with your penis still inside your partner and then perform the previous exercise of clenching the perineal muscle.

If you still feel that you won't be able to control your arousal, try gulping in your saliva several times as if you are swallowing something forcefully.

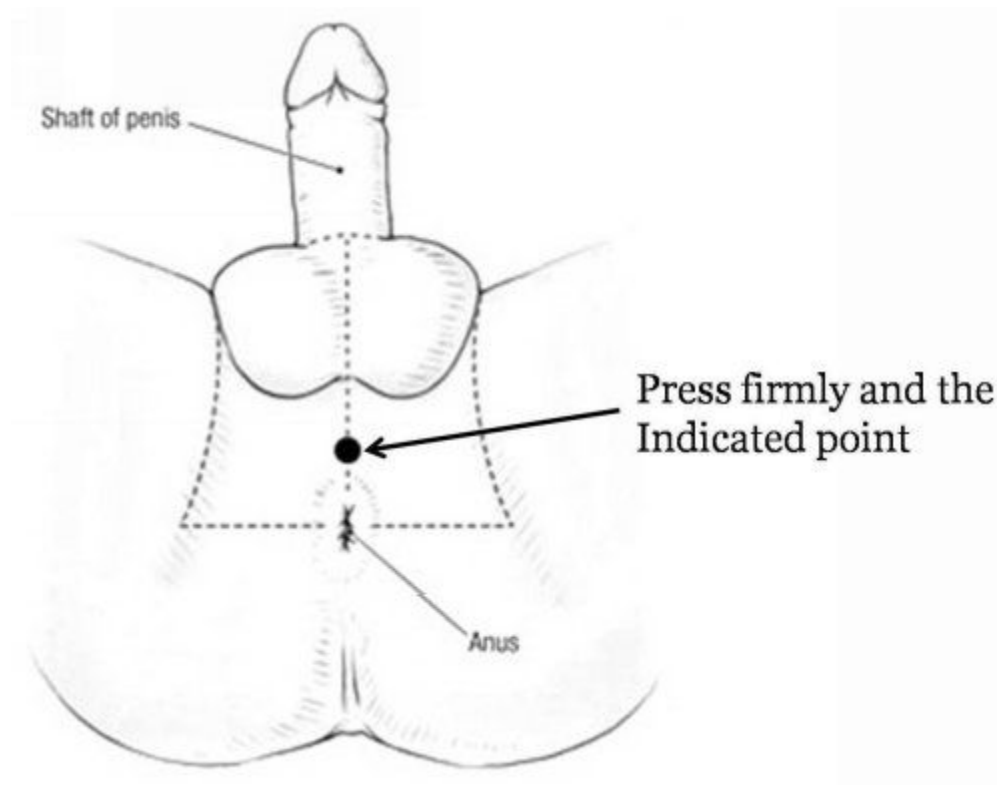
After sometime you will feel as if the arousal is suppressed, then you can continue with the act of sex.

Duration:

No specific duration. To be done till you achieve the expected result.

#8 Pralambit Maithun Asana III / Exercise for a delayed Orgasm III

This is a very effective Asana to avoid and delay ejaculation. It requires a good control over the perineal muscles and the muscles of your lower abdomen.



Method:

While having sex, when you experience the peak of pleasure and know that you will shortly reach climax,

Stop all your movements, and then with the tip of your middle or index finger, press firmly on the centre of your perineum.

The centre of your perineum will be a point midway between your anus and testicles.

You will feel some resistance from the perineum when you exert pressure, but still you should press the point firmly.

While you are pressing the centre of your perineum, tense all the muscles in our lower abdomen and pelvic area.

This will in turn support the erection of your penis while simultaneously preventing the clenching of the muscles that lead to orgasm.

Holding your breath in, while doing this while increases the effectiveness.

If you still can't control the approach of climax, perform the previous exercise.

Duration:

No specific duration. To be done till you achieve the expected result.

#9 Pralambit Maithun Asana IV / Exercise for a delayed Orgasm IV

The Final step of the previous Asana might not work for everyone. For some men, holding their breath right before they reach climax will enhance the arousal and increase the intensity of orgasm, such men should try this Asana, which involves relaxing your body completely.

Method:

If you feel your pleasure increasing and want to delay the orgasm, relax your entire body and start breathing slowly.

Take long and deep breaths, and while you are breathing, close your eyes and imagine a ray of energy entering your penis and pushing its way upwards, through your body.

Continue the process until calmness returns, and then resume the sexual activity.

Duration:

No specific duration. To be done till you achieve the expected result.

#10 Vyagra Asana / Exercise of the Tiger

This Asana is especially helpful in increasing your sexual vigor and increasing your sexual vitality. This Asana is extremely effective and when tremendously effective when done properly and regularly.



Upper Torso position in
Vyagrasana
[remember to bring out your
Tongue and open your eye's wide]

Method:

Spread your legs slightly apart, and bend a bit in your knees.

Hold the glans of your penis (the penis should not be erect) with the index finger and the thumb of your right hand. Hold it comfortably, don't exert too much pressure.

Grip the base of the testicles with the palm of your left hand.

Now open your mouth as wide as possible and bring out your tongue as far as it can come.

Open your eyes as wide as you comfortably can.

Move your head up and look at the ceiling.

While doing this, with your right hand pull your penis upward, simultaneously pulling your testicles downward, gently with your left hand. Maintain this position for 15-20 seconds.

Duration:

This Asana should be performed in a set of 10, twice daily, once in the morning and once in the evening.

Sex is as important as eating or drinking and we ought to allow the one appetite to be satisfied with as little restraint or false modesty as the other.

Marquis de Sade

Yoga Exercises for Both Men and Women

As the name suggests, this Asana's can be done by both the sexes, Men and Women with equal effectiveness.

#1 Netra-Raktchaap Asana / The Exercise of eyes

A tremendous pressure is exerted on the hearts of both the individuals, during the act of sex. Restoring a normal rhythm after sex, helps you to regain your energy in a short amount of time and you can engage in sex multiple number of times with regular practice of this Asana.

Method:

After having sex, when you both are feeling out of breath, then lie down on your back, with your head lying flat on the bed. (Don't use a pillow)

Place the pads of the first two fingers of your right hand on your right eye.

Place the pads of the first two fingers of your left hand on your left eye.

Now, press slowly but firmly on your eyeballs.

Hold the pressure for a few seconds and then release.

Repeat it for a few times, till you feel the positive effect.

Duration:

No specific duration. But avoid overdoing it. Just a few times, after having sex.

#2 Raktchaap-Bindu Asana / The Exercise of the pressure point

The Heart and the Lungs are the most stressed out organs in your body after performing sex. This Asana is used to relax both the heart and the lungs.

Method:

This Asana has to be performed after having sex, lying in the bed or sitting comfortably.

Touch back of the two front teeth in the upper row with the tip of your tongue.

Now, with your left thumb firmly massage the center of your right palm in circular motions.

Keep massaging this centre point for 3-4 minutes, then switch the hands.

Now, with your right thumb firmly massage the center of your left palm.

All the while you should be concentrating on your breathing.

Duration:

No specific duration. To be done till you achieve the expected result.

#3 Aatmashakti Asana / The Exercise of the Healing Energy

This Asana can be performed before having sex and/or after having sex and/or between multiple sexual acts. This is more of a meditation exercise and revitalizes your body from any fatigue it might have.

Method:

This Asana can be performed lying in the bed or standing upright. Just be relaxed and concentrate on your breathing.

Close your eyes.

Now, place the palm of your right hand on top of your head.

After that, place the palm of your left hand, on your lower abdomen, midway between your navel and pubic bone.

Now make hollow domes with the palms of both the hands.

Staying in this position visualize the universal energy entering the top of your head, travelling all the way down through your spine and getting dissipated in your lower abdomen.

Duration:

No specific duration. To be done till you achieve the expected result.

#4 Shwaas-Uchshwaas Asana I / The Exercise for Breath I

This Asana can be performed after the act of sex, for catching your breath, and/or this Asana can be performed before having sex for preparing yourself for a long, vigorous sexual act.

Method:

To Asana can be performed, lying in the bed or sitting comfortably.

Touch back of the two front teeth in the upper row with the tip of your tongue.

Then, touch the tip of the ring finger of your right hand with the nail of the thumb of your right hand.

After that, touch the tip of the ring finger of your left hand with the nail of the thumb of your left hand.

Concentrate on your breathing while performing this Asana.

Duration:

Remain in this position for a few minutes, till you regain your breath after sex.

Remain in this position for 5-6 minutes, before you begin the act of sex, for achieving longevity.

#5 Shwaas-Uchshwaas Asana II / The Exercise for Breath II

This Asana is a slight variation of the previous exercise.

Method:

Touch the tip of the ring finger of your right hand with the nail of the thumb of your right hand.

After that, touch the tip of the ring finger of your left hand with the nail of the thumb of your left hand.

Now touch back of the two front teeth in the upper row with the tip of your tongue.

When you inhale, move the tip of your tongue backward, but all the time the tip should be touching the roof of your mouth.

When you exhale, move the tip of the tongue forward into the initial position, retracing its path made during inhaling.

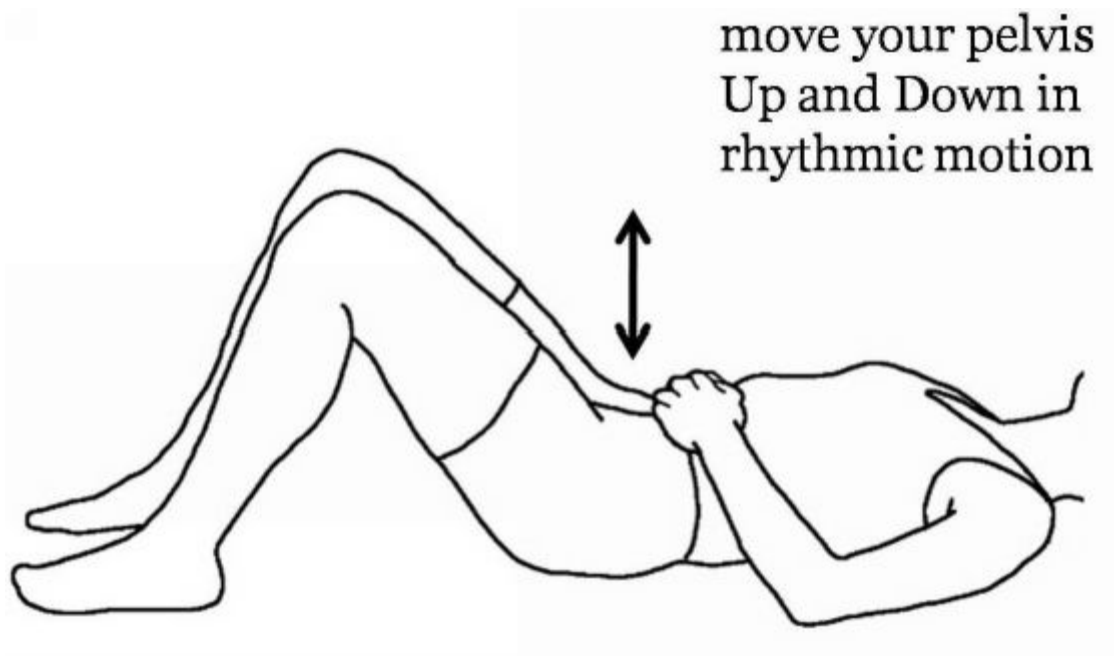
Duration:

Perform this Asana for a few minutes, till you regain your breath after sex.

Perform this Asana for 5-6 minutes, before you begin the act of sex, for achieving longevity.

#6 Nitamba Asana / The Exercise of lower pelvic region

This Asana helps in releasing any energy and stiffness trapped in the pelvic region.



Method:

Lie down on your back, but don't lie down on bed, use a hard surface for this Asana.

Bend your knees, so that the soles of your feet are touching the ground.

Both your feet should be around a feet length apart.

Keep breathing rhythmically and calmly.

Start moving your pelvis up and down in rhythmic motions, neither too fast nor too slow.

Keep doing these movements for 2-3 minutes and then rest for a couple of minutes only to repeat the movements for 2-3 minutes more.

Duration:

Perform this Asana for a total of 4-5 times, and then rest for 10 minutes.

The way you make love is the way God will be with
you.

Rumi

Yoga Exercises to be done Together by a Couple

#1 Aalingana Asana I / The exercise of Embrace I

This Asana is used to harmonize the sexual energy between the two partners. It's also an excellent stimulant to arousal.

Method:

To perform this Asana you and your partner should lie down on a soft bed and should be lying face to face.

Now, embrace each other very lovingly and closely.

Start breathing together harmoniously and slowly.

While embracing each other, slide your right hand to the base of the spine of your partner, and then slide your left hand to the base of the skull of your partner.

After that draw each other even closer and then contract your Anus.

Then staring into each other's eyes, rub your noses together for a few times, and the Asana culminates with a deep kiss on each other mouth.

Duration:

It is advised that this Asana should be performed right before starting foreplay.

#2 Aalingana Asana II / The exercise of Embrace II

This Asana is also used to harmonize the sexual energy between the two partners. It's also an excellent stimulant to arousal. This Asana can be performed before sex and also after having sex.

Method:

Similar to the previous Asana, lie down on a soft bed and should be lying face to face.

Now, embrace each other very lovingly and closely.

Start breathing together harmoniously and slowly.

While embracing each other, the woman should slide both her hands to the base of the spine of her partner while the man should slide his right hand to the top of the woman's buttocks, and he should place his left hand over her hands.

After that draw each other even closer and then contract your Anus.

Then staring into each other's eyes, rub your noses together for a few times, and the Asana culminates with a deep kiss on each other mouth.

Duration:

No specific duration, can be performed as long as you want.

#3 Karna Asana / The Massage of Ears

Ears are regarded as highly sensitive organs of one's body and are given extremely high importance in reflexology. For many people their ears are erogenous zones.

Method:

Similar to the previous Asana, lie down on a soft bed and should be lying face to face.

Now, embrace each other very lovingly and closely.

Start breathing together harmoniously and slowly.

Slide your hands up to each other's ears, and slowly start massaging each other's ears.

With the tip of your fingers knead and caress the ears of your partner.

Then staring into each other's eyes, rub your noses together for a few times, and the Asana culminates with a deep kiss on each other mouth.

Duration:

No specific duration, can be performed as long as you want.

Thank You



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All the best,

Advait

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Referred Books

‘KamaSutra’

by *Maharshi Vatsyayana* (3rd Century C.E.)

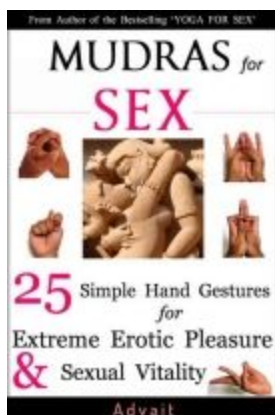
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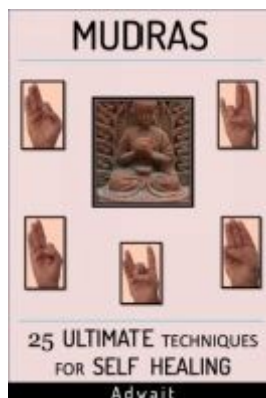
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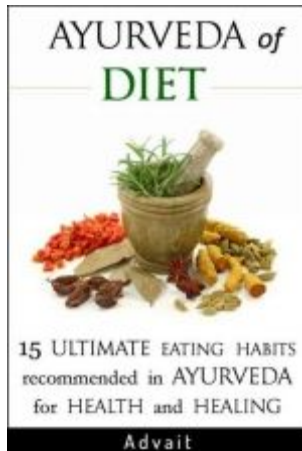
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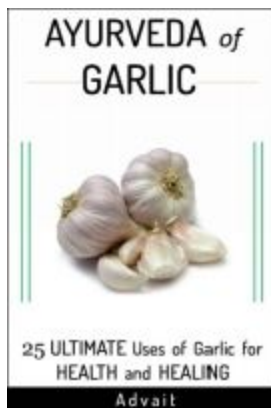
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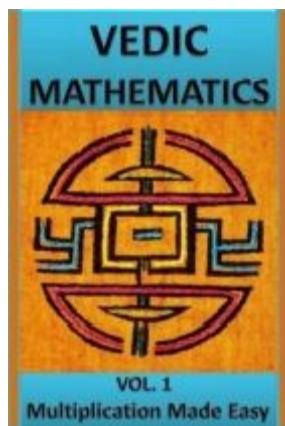
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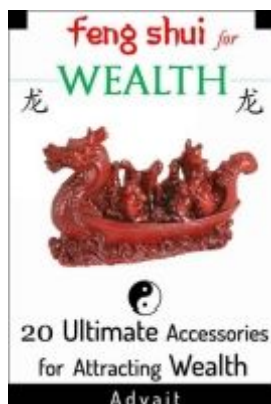
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Yoga for Sex: 30 Simple Exercises for Ultimate Sexual Pleasure

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